Life changer: Selfcare secrets to naturally transform your health in one month

4-week webinar series

**DIGEST AND DETOX TEA RECIPE:**

Suggested three times a day

Bring about 5 cups of water to a boil, and add

1/2 teaspoon cumin,

1/2 teaspoon fennel

1/2 teaspoon coriander seeds.

Boil for about 5 minutes. Pour the liquid through a strainer into a thermos bottle, and sip it through the day.

**GINGER JUICE RECIPE:**

Suggested before meals, especially lunch and dinner:

Grate fresh raw organic ginger

Put the gratings in a piece of cheese cloth

Squeeze the juice into a small glass

Add lemon and salt to taste
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Disclaimer: This information should be used to supplement rather than replace the advice of your doctor or trained health professional. Please consult your trained medical professional in regard to use of supplements. If you have any serious, acute, or chronic health concern, please consult a trained health professional who can fully assess your needs and address them effectively.

The authors, presenters, and Maharishi International University (and its agents) disclaim liability for any medical outcomes as a result of applying any of the methods discussed in the book (The Rest and Repair Diet) and/or the webinar series.

**Week 1: Why your gut health is vital and how to easily improve it**

Preparing for a Healthy Gut with Dr Robert Keith Wallace, Andrew Stenberg, and Dr Jim Davis

**Week 1 Notes**

These notes are to help you to prepare your body and adjust your routine to get the maximum benefits from our “Healthy Gut” course over the next 2-4 weeks. By making a few simple adjustments during this prep week, your body may be able to benefit more from the course than if you simply change your diet all of a sudden.

1. Your body will be more balanced if you get early nights (at least during the course process), so aim to be in bed (lights out) by around 10pm.
2. Get sufficient sleep – aim for 7-8 hours sleep each night.
3. Regular exercise: every day or two, aim to walk briskly for 20-30 minutes as a minimum – but NOT soon after eating. Exercise is best done on an empty stomach (otherwise, digesting is compromised). Breathing through the nose is better for balancing for the body and nervous system than mouth breathing.
Asanas (yoga) and Pranayama (breathing technique)
Link: miu.edu/asanas

4. **Start the day by drinking a glass of plain, room temperature water**, then go to the bathroom to allow for a possible bowel movement (no reading or Facebook in the bathroom, please!).

5. **Sip warm-to-hot water throughout the day** – aim for a total of at least 8 cups a day. Sufficient and regular water intake ensures that your body chemistry works properly, and the warm temperature helps to flush out the build-up of undigested material. Herbal teas are also good.

6. Eating behavior: **HOW you eat your meals will greatly affect how you digest food** – which directly affects your gut health, as well as help to possibly prevent and address conditions like inflammation, plaque build-up, and other health concerns. Check with your regular physician in regard to any concerns.

   We recommend you eat in a settled manner, without watching TV or reading, or handling important matters. Good company, pleasant music and a quiet environment will all help efficient digesting to take place.

7. **Don’t drink a lot of liquids with meals** (or within an hour after eating). Too much liquid with food will dilute stomach acids and affect your digestive efficiency. A few sips of warm water are okay. If you have a very heavy or dry meal, you may need more liquid through that meal.

8. **Cut down** on chocolate, and fried and sugary foods for the duration of the course. Use your prep week to gradually wean yourself off these products, and aim to stay off them for the duration of the course process (and longer!)
9. Above all, **enjoy** this special opportunity to feel and look better!

10. **Herbal digestive/clearing tea:** We suggest you sip his traditional Ayurvedic tea at least three times a day. It is very easy to make.

   - **RECIPE:** Bring about 5 cups of water to the boil, and add 1/2 teaspoon each of cumin, fennel & coriander seeds. Boil for about 5 minutes. Pour the liquid through a strainer into a thermos bottle, and sip it through the day.

   - Because it may cause you to urinate more than usual, it’s best not to drink it after dark (or you may wake up in the night).

   - The many advantages of this tea include healing of the gut lining, clearing the lymphatic system, and aiding absorption.

11. **Triphala**

   - This is also a traditional remedy from Ayurveda. Triphala is considered to be one of the most important remedies in the vast herbal knowledge of India.

   - Triphala is made from three dried fruits, and it gently assists elimination, while also supporting digestion, lowering inflammation, improving energy and eyesight, etc.

   - Suggestion ONLY - check with your physician: Take one gram of triphala (usually one tablet) every evening about 30-60 minutes before bed, with warm water. That’s about one teaspoon if you are using triphala in powdered form.

   - NOTE: CHECK WITH YOUR PHYSICIAN in regard to supplements. If you are having at least one normal bowel movement daily, we suggest you stay with that dose of triphala. If things are a bit slow, you can check with your physician about safely increasing the dose.

12. **DietPrep:Digestive Aid**
• Before lunch and dinner, prepare a traditional pre-meal Ayurvedic digestive aid, consisting of a mixture of fresh ginger juice, lemon juice, and little salt.

• RECIPE: To make the ginger juice: grate fresh raw organic ginger, put the gratings in a piece of cheese cloth, and squeeze the juice into a small glass.

Looking for a little group support? Here’s the link to our Facebook Group:

https://www.facebook.com/groups/miuquthealth/

Group rules must be followed or you will be removed from the group. Please be kind and courteous.